Shuttle Run 1
Shuttle run with object 2
Hopping speed 3
Zigzag run 4
One foot balance 5
Multistage fitness test 6
One foot balance, blind 7
40m sprint 8
Dynamic balance 9
Quadrant jump A
Hopping in square B
Vertical jump C
Basketball throw D

Data from “Exploring the General Motor Ability Construct”, Ibrahim et al., 2011